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WHAT SHALL WE EAT THIS WINTER?

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It has been established beyond a doubt that several diseases are due to insufficient or improperly balanced food, or to the lack of certain necessary food substances in the diet. Therefore, ignorance of correct food combinations may be directly responsible for sickness, suffering, and untimely death. Among the diseases which are due wholly or in part to improper diet are a certain eye disease, rickets, scurvy, and pellagra.

It is not enough for a person to eat a sufficient amount of food to satisfy his appetite or for the food to be well prepared from good, sound material. The food eaten must be sufficient in kind and amount to meet the different needs of the body. This means that it must supply materials to build new body substance and repair the old, to furnish fuel or energy for all the work of the body much as gasoline furnishes energy for the motor, to regulate the machinery of the body and keep it in good running order, and to promote normal growth and health.

Persons of different age, sex, size, and muscular activity need different amounts and combinations of foods. Growing children must get a larger proportion of body-building and growth-promoting foods, and so also must pregnant and nursing mothers. Persons doing hard or constant muscular work require large amounts of energy-producing food.

To meet the different needs of the body a variety of foods must be supplied. A diet is likely to be well balanced if it contains some vegetables and fruits, some milk, cheese, eggs, meat, or fish, some foods made from cereal grains such as corn, oats, rice, rye, and wheat, and some fat or fatty foods such as butter, lard, or other cooking fat, salt pork, bacon and table oil. A little sugar or sirup will make the meals taste better to most persons and will furnish body

energy, but sweets are not absolutely necessary and should not be used so that they interfere with the appetite for the more important kinds of food.

Milk is one of the very best tissue-building and growth-promoting foods, and every effort should be made to provide it, especially for children. Whole milk is best, but clabbered milk, buttermilk, and skim milk are much better than none. Eggs are another good food for building the body and making it grow.

The flesh foods are also very valuable. They include not only beef, veal, lamb, and the lean parts of pork, but also poultry, rabbit, game, fish, and shell fish. Cottage or any other cheese makes a good substitute for meat.

When milk, cheese, eggs, and meat can not be obtained in quantity, dried peas, beans, cowpeas, soy beans, and peanuts may be used to supply the body with some of the same materials, but they do not fully take the place of the other foods.

Almost any kind of vegetable or fruit is useful in the diet, but perhaps the most important are the green vegetables such as cabbage, collards, lettuce, spinach, and turnip tops, because these furnish iron that the body needs and also growth-promoting substances. Peas, beans, cowpeas, soy beans, and peanuts are very valuable especially when meat and flesh foods are scarce. Carrots, potatoes, tomatoes, oranges, and lemons are among the common food materials that help the body to resist certain diseases. The use of fruits and vegetables helps to prevent and cure constipation.

Bread, cakes, crackers, mush, puddings, and other cereal foods furnish the body with energy and part of the necessary building materials. "Modern process" corn meal, fine white flour, and polished rice have had the outer parts and the germ of the grain removed and do not provide so many of the different substances necessary for health as the whole grains. When milk, eggs, flesh foods, or vegetables and fruits are scarce it is safer to use "home ground"

corn meal and the coarser flours, and to choose unpolished rice if it can be obtained. Bran and rice-polishings may be mixed with the white flour or degerminated corn meal in bread making.

The fats are rich sources of body energy and many other foods taste better when some kind of fat is used in cooking or serving them. It is not healthful, however, to eat too many fried foods, especially not when they are greasy or scorched. Butter, cream, and other foods that contain milk fat have this advantage over most other common fat foods that they furnish the body with one of the necessary growth and health-promoting substances.

It is not always easy to get the variety of foods best suited to the needs of the body, and food combinations are often found that are lacking in important elements. For example, this is true of a diet made up of corn bread, fat meat or salt pork, and molasses. If milk were available, adding it would make this diet much safer, especially for children. Dried peas, cowpeas, beans, peanuts, or other legumes will help, but small amounts of milk, cheese, eggs, or any kind of meat, game, or fish would be needed along with them. Fruits and vegetables, especially green vegetables, would also lessen the dangers, and so would the coarser flours and meals.

In short, the most practicable way to improve the diet is to increase the milk supply, especially for children, and to encourage keeping poultry and rabbits, using game and fish and dried beans and peas, and growing vegetables such as cabbage, collards, turnip tops, and other greens, potatoes, carrots, turnips, rutabagas, beans, peas, and tomatoes.

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1. The first part of the report is a general introduction to the subject of the study. It discusses the importance of the problem and the objectives of the research.

2. The second part of the report is a detailed description of the methods used in the study. It includes a discussion of the experimental design, the data collection procedures, and the statistical analysis techniques.

3. The third part of the report is a presentation of the results of the study. It includes a discussion of the findings, a comparison of the results with previous research, and a conclusion about the significance of the study.

4. The fourth part of the report is a discussion of the implications of the study. It includes a discussion of the limitations of the study, the strengths of the findings, and the potential for future research.

5. The fifth part of the report is a summary of the study. It includes a brief overview of the main points of the report and a final statement about the importance of the research.